

Lincoln Invites Pre-inspection Assist Visit

By MC3 JAMES R. EVANS
Penny Press staff

Seven Sailors and one Marine from Fleet Readiness Center (FRC) Northwest paid a special visit April 24-26 to USS Abraham Lincoln (CVN 72), moored at Bremerton, Wash. to help prepare Lincoln's aviation maintenance work centers for their upcoming annual Aviation Maintenance Inspection (AMI).

The Quality Assurance (QA) team from Naval Air Station Whidbey Island was invited by Lincoln's Aircraft Intermediate Maintenance Department (AIMD) Maintenance Officer to give AIMD and parts of Weapons Department a thorough pre-inspection.

The team's goal was to reveal any discrepancies in maintenance, material condition, safety, training, or record-keeping that the departments can address before the actual AMI, scheduled to be conducted by Naval Air Forces in July.

"The assist visit helps us in two ways; it provides us with a new set of eyes to go over our programs and make sure everything looks good, and it puts us in the mindset of being ready to get operational again," said Cmdr. Gary Hackaday, Lincoln's AIMD Maintenance Officer.

Hackaday added that having the representatives from FRC on board is a resource that Lincoln can use to ensure that the ship's aircraft maintenance programs are back up and running correctly after eight months at Puget Sound Naval Shipyard.

Each of the eight Quality Assurance Representatives (QARs) from Whidbey Island was paired with a QAR from Lincoln with the same area of expertise and encouraged to spend as much time



Photo By MC3 James R. Evans

Marine Sgt. Jesus R. Rivera, a Quality Assurance Representative (QAR) from Fleet Readiness Center (FRC) Northwest reviews maintenance history records with members of G-1 Division of Weapons Department aboard the Nimitz-class aircraft carrier USS Abraham Lincoln (CVN 72). Eight QARs from FRC Northwest were invited to Lincoln for an assist visit to review the ship's aviation maintenance program in preparation for a scheduled Aviation Maintenance Inspection.

as possible going over their assigned work centers, said Chief Aviation Warfare Systems Operator James Moyes, Lincoln's Quality Assurance Supervisor.

"They're looking at what we've already gone over and letting us know what the inspectors hit them on during their last AMI," said Moyes. "We're also discussing how some of the rules are

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MWR Brings Aboard New Exercise Equipment

By MCSN BRANDON WILSON
Penny Press staff

USS Abraham Lincoln's (CVN 72) Morale, Welfare and Recreation (MWR) Department continues to improve the ship's gymnasiums after eight months of renovation at Puget Sound Naval Shipyard in Bremerton, Wash.

Some of the workout equipment used during Lincoln's previous deployment has been replaced with new equipment in all five of the ship's gyms according to John Porter, MWR director.

"Our goal is to open all the gyms with new equipment right after pulling out of the yards," Porter said. "We're right in the process of getting the equipment powered

up."

The equipment was received just after Lincoln pulled out of dry dock in December. In total, 24 pieces of gym equipment have been installed, which includes treadmills, cross-trainers, and stair-climbers.

Sailors attached to MWR such as Elec-

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interpreted so that everyone's on the same page," he added.

Before two days of inspection, the team from Whidbey Island assembled in Lincoln's Ready Room Five to meet with their counterparts and leadership from the ship's aircraft maintenance work centers. Individual members introduced themselves and the goals of the assist visit were discussed.

"We're here for you guys," said Senior Chief Aviation Electrician's Mate Mark Wanless, the team's leader, addressing the group prior to beginning the inspection. "We do our audits AMI style and we incorporate drills and practical exams to ensure that we're doing it in accordance with the 'good book' (Naval Aviation Maintenance Program 4790)."

Personnel from both groups were quick to make clear that this would be a no-holds-barred look at the ship's program and that any and all critiques were welcome. Moyes said that the more issues they could find during this assist visit, the fewer problems they could expect during the upcoming AMI and during real-world operations.

"Don't be gentle, if there is a discrepancy, find it, identify it, and we'll fix it," said



Marine Sgt. Jesus R. Rivera and Aviation Ordnanceman 1st Class (AW) Douglas Cain, Lincoln's Aviation and Weapons Support Equipment manager, review maintenance history records with members of USS Abraham Lincoln's (CVN 72) G-1 Division of Weapons Department

Moyes to the Whidbey Island QARs.

After the meeting, team members dispersed to their assigned areas of focus and went to work reviewing nearly every aspect of the maintenance program. Over the next two days, they compiled individual lists of every noted discrepancy and worked with

Lincoln's crew to ensure that they were addressed.

The assist visit is the latest in a series of proactive steps Lincoln's crew has taken in recent weeks to ease the ship's transition from shipyard availability to operational status.



April 26, 1952

USS Hobson collides with USS Wasp; 176 lives lost

April 27, 1805

Naval Forces capture Derne, Tripoli and raise the U.S. flag over foreign soil.



Had a drink? Get a ride!
Call (425)530-1934 for Abe's Smart Ride.
A phone call now can save you a headache later.



Movie tickets are on sale in the MWR office for \$5 each. Tickets can be purchased for Regal and AMC/Lowes theaters.



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Lincoln Pride

Things are heating up.

*Photos by MC3 James R. Evans
&
MCSN Brandon Wilson*



Local News

GYMS

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trician's Mate 2nd Class Brandon Lopez worked around-the-clock to help haul equipment such as a 600-pound treadmill into place.

"It's a lot of manpower and a lot of coordination throughout the ship," Lopez said. "It takes five people to carry one treadmill."

MWR will also change the way new equipment is positioned in the gyms to create a more health-beneficial arrangement.

"It will be in a circuit, so it will provide a proper amount of cardio during a workout," Porter said. "You would start at one piece and go around."

More plans are being made to help Sailors have a more enjoyable time while exercising during Lincoln's deployments, such as having a full-time MWR fitness director, and installing 20-inch television monitors.



Photo By MCSN Brandon Wilson

Machinist's Mate 1st Class Justin H. Dessel takes a run on one of the new treadmills MWR has acquired for USS Abraham Lincoln's (CVN-72) 03 level treadmill gym.

Movie Review: Hot Fuzz Worth Its Weight In Funny

BY MCSN JOSEPH SCARBERRY
Penny Press movie correspondent

Patrol Constable (PC) Nicholas Angel (Simon Pegg) is a super-cop from London on the verge of a promotion and transfer to a small, quiet town because he makes his entire department "look bad." With an arrest record over 400% better than any other PC, the department has no choice but to send him away.

Simon Pegg, most notably known for his role in *Shaun of the Dead*, portrays a London supercop who gives his entire life to his job. Pegg was also one of the co-writers of the film. He adds to the film with his very own brand of comedy and keeps viewers captivated by believable performances.

Supporting actor Nick Frost, also known for his role in *Shaun of the Dead*, was Police Constable Danny Butterman. His character, a sucker

for "police action flicks," has seen them all, and obsesses over them throughout his time on screen. Despite this, he adds nothing but funny to the film with his dumbed down comedy.

The settings and art direction were beautiful and believable. Set in a small village in the United Kingdom, both the countryside and the village itself were used to enhance the aesthetic appeal of the movie. The action sequences were, at times, shaky and chaotic, however they were well shot and organized enough to leave viewers aware of the events taking place.

The story in itself is well thought out for a comedy. It blends and transitions from comedy to start, to a thriller-mystery, and ends finally with action sequences that leave viewers satisfied.

Overall, with a complete story, beautiful art direction, and two actors worth their weight in funny, *Hot Fuzz* is an excellent choice for movie-goers.



MCSN Scarberry gives "Hot Fuzz" his almost-complete seal of approval with four Scarberry thumbs up.

Local Stories

Sailors of the Year are the Best of the Best

By FORCM(AW/SW) Richard Kennedy
Special to the Penny Press

The Navy's Sailor of the Year (SOY) program is a chance for your leadership and the Navy as a whole to recognize those of you who are out there making a difference in the Navy and the world. It is our opportunity to place those of you who stand out amongst your peers in the spotlight and reward and thank you for setting the bar a little higher for those around you.

If you want to be competitive for the SOY program, you need to start early and you must show a consistent trend of being at the top of your game.

Be a role model: Wear the Navy uniform well and adhere to the Navy's physical fitness standards. Show your junior Sailors how important it is to maintain physical fitness, and what a difference a sharp uniform and well-polished boots can make.

Be a leader: Look out for your junior personnel! Through their annual evaluations, SOYs show consistent positive leadership skills through recognition of their junior personnel who in turn stand out above their peers. They've proven to their chains of command that they are ready for the next pay grade.

Be active: It's easy to be active within your command or local community. There's something out there for just about everyone from helping out at the local food bank to helping build a house with Habitat for Humanity. Within the command, you can get involved in the various Petty Officer First and Second Class Associations, fitness clubs, volunteer to help organize MWR events, mentor junior Sailors, sit on warfare pin boards, and volunteer for command-wide collateral duties such as watchbill coordinator or command financial specialist.

Despite what many people believe, the SOY program is not just for E-6s. It is also open to eligible-4s and E-5s whose chains of command feel they are the best of the best. There's no rule that says an E-4 or E-5 can't become the overall Navy's SOY.

The thing to remember is that you need to always do your best and to set an example. Be a mentor for those junior Sailors who may be looking up to you. You need to set achievable goals for yourself and help your junior Sailors do the same. One thing all SOYs who make it to the final boards have in common is that they've consistently had a mentor helping guide them throughout their career.

Only a very few people can be nominated for SOY, so even though you display all of the



characteristics to compete, you may not be nominated. The title isn't what's important, being a role model and a well-rounded Sailor is.

Senior leadership within the Navy recognizes that the current SOY program may not represent the diverse population of stellar Sailors out there, and we are looking at increasing the number of SOYs for next year's program in an effort to recognize as many of you as possible.

Welcome Aboard USS Lincoln

USS Abraham Lincoln (CVN 72)

would like to welcome the following Sailors on board:



ANDERSON, SHANE ALAN ITSA
ANDREWS, SCOTT ANTHONY CS1
ANTON, JASON STEVEN AC1
BASILIO, CHARLYN MMFN
BEACH, MEGAN MARIE HN
BLANKENSHIP, ANTHONY LEE ITSR
BOWEN, JOSHUA GRANT AO1
BRUNO, BRIANA THERESA AZAN
COFFER, DAVID ALLEN DCFN
DEROODE, JOSEHUA JACOB CS2
EUSEK, AUSTEN ANGELO AA
FERREIRA, JOSEF REYKALOI HTFA
FIRKINS, TIMOTHY JAMES IT2
FISHER, DANIEL WILLIAM ABE2
FULLER, FRANK ANDREW MM2
GABONA, NINARICCI AUSAN ET3
GALARZA, LAURA JANET HN
HALL, LECK III HT1
HANTZ, DAVID ISAMAN MMFR
KIEL, JABOREE PIERE DCFN
LOKAN, JERALD PHILIP ENFR

MANGUCHEI, CHARLES JAVIER SN
MARSHALL, WILLIAM CLIFTON HM1
ODEN, MARC HOSE ICC
PHIPPS, DUSTIN BLAKE ICFA
RING, MICHAEL NORMAN AT2
RUSSELL, TIMOTHY JOHN AMAA
VANHOUTEN, DALTON DALE FC3
VARGAS, ALBERTO PINEDA JR SR
WATSON, STEPHEN FRANCIS OS2
WHISNER, AMY QUINN MC3



Local Stories



Shipmates

The strength of a warship lies in the hearts and hands of its crew.



Photo by MC3 James R. Evans

Culinary Specialist 3rd Class (SW) Brittney Hines of Supply Department's S-5 Division prepares hot tortilla shells for midrats in the Wardroom 3 galley.

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<http://www.herosalute.com>



Editor's Top 10

10 Great Things About A Stores Onload

10. Your arms feel lighter afterwards.

9. You've got those chiseled "I've been carrying heavy things for 8 hours" pecs.

8. It really is such a beautiful day in the ladderwell.

7. The bruises on your arms give you that macho "come hither" look.

6. You get to yell "GO AROUND!" a lot.

5. Sometimes a box hits you in the head and you wake up in neverland ... or was it medical?

4. You get to learn valuable life lessons like "Lift with your legs, not with your back!"

3. It looks great on a resume.

2. You get out of your real job.

1. You'll never want to drink another soda ever again.